

Columbine Dave Sanders Invitational

When: Friday, September 27th

Where: Clement Park, Littleton

Who: All Vista XC Runners are competing

Bus: Bus Leaves Vista at 1:00 p.m. Please be at Vista by 12:45. There is a return bus after the meet.

ORDER OF RACES:

- 3:00 D1 Varsity Boys** Run 10, Score 5
-Weaver, Walton, Matzke, Smith, Graf, Hart, Spieker, O'Sullivan, Fu, Currie
- 3:40 D1 Open Boys "B" Team** Run 10, Score 5
-Romine, Romine, Hart, Burgoyne, Pons, Murphree, Young, Weaver, Hansen, Cushatt
- 4:30 D1 Varsity Girls** Run 10, Score 5
-Fitzsimmons, Reicher, Goodrum, Easton, Newman, Parker, Soares, Haberkorn, Johnson
- 5:10 D1 Open Girls "B" Team** Run 10, Score 5
-Burgoyne, Chavez, Eckhoff, Hemmerle, Blatchford, Parks, Chambless, Atlas, Rourke, Harris
- 5:40 D1 Open Boys "C" Team** Unlimited, Score 5
-All Vista athletes not in the A or B race
- 5:50 D1 Open Girls "C" Team** Unlimited, Score 5
-All Vista athletes not in the A or B race
- 6:20 Presentation of Awards

AWARDS:

1st, 2nd, and 3rd place team trophies will be awarded to the varsity divisions. Top 10 varsity individuals in each division will receive medals, and the 11th thru 25th place varsity individuals will receive ribbons. Top 25 individuals in each open division will receive ribbons.

Warm-up and Cool-down:

Be in the tent area 1 hour before your race to meet your teammates and warm-up leaders. We ALWAYS warm-up and cool-down together as a TEAM. Cool-down should start within 10 minutes of finishing your race. We cool-down 10-15 minutes after the race together.

Warm-up Clothing and Vista Nation Shirt:

Bring your Vista Nation XC Shirt. Keep your warm-up gear on until race time, especially warm-up pants. This will help your muscles to stay warm and let your body perform when it's time to race. Make sure you bring plenty of warm gear with you in case the weather changes. .

Racing Flats and Race Start:

Be on the line doing your strides and in your flats no later than 10 minutes before the start of the race. Injured runners will help collect gear at the start of each race and bring it back to the tent.

TEAMS:

Division 1:

Arapahoe
Arvada West
Battle Mountain
Bear Creek
Broomfield
Chatfield
Cherokee Trail
Cherry Creek
Columbine
Coronado
Dakota Ridge
Eaglecrest
Gateway
Grandview
Heritage
Highlands Ranch
Lakewood
Littleton
Mountain Vista
Overland
Pomona
Ralston Valley
Rangeview
Regis Jesuit
Smoky Hill
ThunderRidge

Division 2:

Alameda
Arvada
Aurora Central
Centaurus
Colorado Academy
Conifer
D'Evelyn
Evergreen
Faith Christian Academy
Fort Morgan
Front Rang Christian School
Golden
Green Mountain
Hinkley
Holy Family
Kent Denver
Middle Park
Mullen
Pueblo Centennial
Pueblo South
Rifle
Saint Mary's Academy
SkyView Academy
Vista PEAK
Wheat Ridge